

HealthQuest Wellness Champion Network Monthly Webinar

Thursday, March 13 at 11:00-11:45am

Toll-free call in number: 1-800-391-9177

Conference Code: 399 756 1793#

Sign in with full name of all attendees

Press *6 to mute/unmute your line or

Mute your personal line

Please check the volume on your phone



Agenda

- Welcome New Champions!
- National Nutrition Month
 - Share Events/Promotion
 - Recipe Round-Up
- Financial Fitness Challenge Intro
- April 30th – National Walk at Lunch Day
- Make April a Month to Move!
- HealthQuest Participation
- 10 Vital Behaviors of a Self Leader - #3
 - Jack Bastable, CBIZ

Welcome New Champions!



If this is your first WCN webinar, please type your name in the chat box on the Webex. I will call on each of you to introduce yourself!

- Your Name
- Agency/Group and Job
- Fun Fact / Favorite Physical Activity

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March: National Nutrition Month Idea/Promotion Sharing



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WCN Healthy Recipe Round-Up



Thanks to all contributors!

Terri Wyrick
Darlene Osterhaus
Sara Crangle
Mary Spinks
Stephanie Bannister
Cheryl Wiley
Eva Hays
Bill Heimann
Janet Koerner

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HOW THE CHALLENGE WORKS

The goal is to "save" 500 virtual dollars in 4 weeks.

Save 10 virtual dollars each DAY:

- Keep track of your total daily spending
- Avoid using a credit card

Save 20 virtual dollars each WEEK:

- Pay bills on time
- Balance your checking account

Save 30 virtual dollars each MONTH:

- Set aside money into a savings account
- Set aside money into a retirement account

**Note that the 2 monthly activities will be available for tracking on the portal at the end of the challenge.*

****Save 500 virtual dollars by April 30 to successfully complete the challenge and earn 5 credits for the Rewards Program.**

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National Walk @ Lunch Day

Sponsored by Blue Cross Blue Shield of Kansas

Wednesday, April 30, 2014

Official walks will be coordinated in Topeka, Salina, Wichita and Hutchinson (Hutchinson is new this year)! If you are located in a city without an official walk, we encourage you to coordinate one with your co-workers!

The promotional materials are not available yet, but we will let you know as soon as they are posted to <http://www.bcbsks.com>

Tens of thousands of walkers from across the country participate each year!

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Make April a Month to MOVE!

- Promote and participate in National Walk @ Lunch Day
- Take a cue from these 5 leaders who valued the “walking meeting”
- Start a club or challenge with your co-workers to move more during the day
- Share HealthQuest materials to promote physical activity and program tools and resources that can help – Marissa will send as follow up

Watch and Listen to the TED Talk here:
<http://www.youtube.com/watch?v=iE9HMudybyc>

WALKING MEETINGS?

3 REASONS TO WORK THEM INTO YOUR SCHEDULE

1. CAN MAKE YOU MORE PRODUCTIVE
2. CAN HELP YOU DE-STRESS
3. CAN INCREASE ENERGY & FOCUS

5 SURPRISING THINKERS WHO SWORE BY THEM

ARISTOTLE	SIGMUND FREUD	STEVE JOBS	HARRY S. TRUMAN	CHARLES DICKENS
instructed students while strolling about—which fits with his students' being called "Peripatetics."	conducted walking consultations and analyses. Freud conducted his first training analysis through a series of evening walks.	made a habit of the walking meeting, especially for first encounters.	woke up at five in the morning for a "vigorous" walk of a mile or two, "wearing a business suit and tie"	frequently walked around 20 miles a day and often did so at night. Walking was a means of both observing the cities around him and de-stressing.

INSPIRED BY SELOFER MERCHANT'S TED TALK
SOURCE: BLOG.TED.COM
BY JESSICA CROSS ON

TED

HealthQuest is gearing up for a reminder campaign to begin in April. We'd love your help to spread the message word-of-mouth with your co-workers!



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HealthQuest Top Finishers in 2013*



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*This data includes agencies with 300 or more employees. 28 total groups fit in this category.





***“To produce excellence you
must study excellence”***

Don Clifton
Founder of Gallup Strengthfinder

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#3 Self-Leaders knows their strengths and how they can utilize them in their work and life

- Identify their personal strengths
- Seek ways to utilize their strengths in or out of their work life

Resource:

[Strengths Finder 2.0](http://strengths.gallup.com/default.aspx), Tom Rath
<http://strengths.gallup.com/default.aspx>

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Jack's Strength's*

- Activator
- Maximizer
- Individualization
- Achiever
- Connectedness

*Gallup Clifton Strengths Finder

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Thank You for Attending Today!

- Next Meeting is Thursday, April 10 at 11-11:45am
- Secret Question
- Open Questions / Comments

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